



# West Nile Virus

People and animals catch West Nile virus (WNV) from mosquitoes. Most people bitten by an infected mosquito do not become ill, although some people may experience a mild fever, headaches and body aches. Less than one percent of people infected with WNV will suffer serious complications that can include inflammation of the brain, paralysis, and on rare occasions, even death.

Protect yourself and your family from mosquito bites by following these recommendations.

## YOU CAN...

- Cover up exposed skin when you're outdoors.
- Apply insect repellent containing DEET to your exposed skin and clothing. Follow instructions on the product label, especially for children under 12.
- Avoid mosquitoes when they are most active at dawn and dusk.
- Eliminate standing water in any place or container that may give mosquitoes a breeding site.
- Empty bird baths and clean decorative ponds every 3 to 6 days.
- Repair or install screens around your home.
- Vaccinate your horse. Contact your veterinarian.
- Hunters should always wear latex gloves when field dressing and handling wild game. Cook meat thoroughly.
- Report dead birds to your local District Health Department or Fish and Game office.

For more information, call your local District Health Department or visit [www.idahohealth.org](http://www.idahohealth.org).



# Fight the Bite!

